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The Iowa Homemaker vol.32, no.8

Dorothy Will
Iowa State College

Jane Steele
Iowa State College

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Iowa State College

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The Iowa Homemaker vol.32, no.8

Authors

Dorothy Will, Jane Steele, Roger Blobaum, Nancy Butler, Jane Brintlinger, Mary Camille Grout, Carol Dee Legg, Evelyn Toulouse, and Ruth Anderson

The Iowa Homemaker





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A review of activity in home economics at Iowa State College

The Iowa Homemaker

March, 1953

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women's angle

Congratulations to the new staff of the Iowa Homemaker! Next year the magazine will be under the direction of Publisher Jean Goul, Editor Mary Odegard, Managing Editor Ruth Anderson and Business Manager Dorothy Parsons. Dorothy Owen as public relations director will see that everyone is aware of what's happening in the Iowa Homemaker.

The April issue will be filled with articles written by new talent discovered at the Homemaker training course held earlier this year.

This issue is being sent to 1000 high schools in Iowa and Illinois. We hope that those close enough will plan to come to Veishea May 14, 15 and 16.

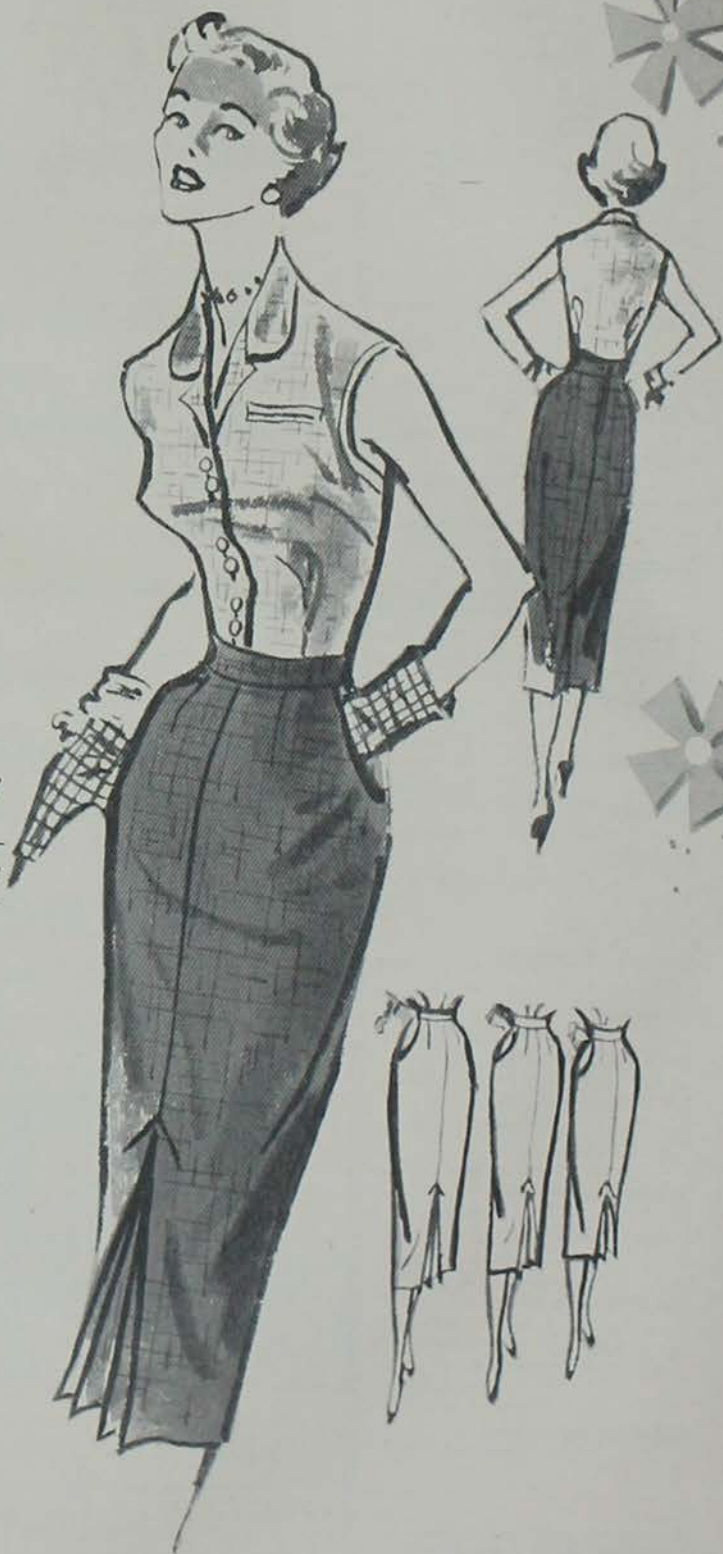
By the way, Veishea is less than two months away and now is the time to get busy on a committee if you don't already have a Veishea-job. Remember, besides having a good time yourself, the main purpose of Veishea is to show off the college at its annual open-house.

On the cover Tom LeBuhn and Sue Moore, both science sophomores are shown at the new west entrance to the Memorial Union.

The staff

Daisy-fresh spring companions . . . our Soap 'n Water (linen-weave rayon) skirt. Slim in line it comes in proportioned sizes. Beige, tobacco, navy or black. 9 to 15, short, medium or tall. 5.95 Sleeveless companion, 30 to 36. 3.98

Gunkers





Our Political Door Ajar

by Dorothy Will

Technical Journalism Sophomore

NOW THAT women cast 52 per cent of the votes in this country, we need a political "in." Iowa State women are lucky to find the political door ajar. The many Iowa women in politics today have partially opened this door with hopes that we will follow. We can, too, by joining the political organizations closest to us, the Story County Young Democrat and Republican Clubs.

But what about starting these clubs on campus? Mrs. Darwin Morrison, president of the Story County Young Republicans, and Don Carr, delegate to the Democratic National Convention, point out that steps have been taken to form campus political organizations. They say that the quickest way we can make these steps materialize is to show interest by attending

And They're Keeping It Open

Two Iowa women have been considered for posts in the administration of Pres. Dwight D. Eisenhower, that the only woman in the Iowa House of Representatives is co-sponsor of the current bill for oleomargarine, and that a native of Iowa may receive a high award in Denmark?

Before Eisenhower's inauguration, it was hinted that Mrs. Hiram Cole Houghton, Red Oak, might be named ambassador to the Netherlands. Mrs. Houghton, the former president of the General Federation of Women's Clubs, was the Iowa elector-at-large who carried the message to Congress that Iowa's 10 electoral votes would be cast for Eisenhower. In January, she was given the first annual "American Heritage Award" by the National Association of Home Builders. The award cites Mrs. Houghton "for her outstanding contributions toward preserving the American way of life."

Mrs. Raymond Sayre, Ackworth, has been slated for a high post unknown as yet. Sen. Bourke B. Hickenlooper said that Mrs. Sayre received strong support from Iowa for such an appointment. President of the Associated County Women of the World and its more than 5,000,000 members, Mrs. Sayre, whose home is a 600-acre farm, has been an active leader among rural women for more than 30 years. At the first of the year, she was also reappointed a member of the United States National Commission for the United Nations Educational, Scientific and Cultural Organization.

The Young Democrat Club, which was organized two years ago, has no definite meeting time, but monthly meetings are announced in the newspapers. The Young Republicans meet the second Tuesday of every month at 8 p.m.

If we take part in these study and service programs sponsored by the Young Democrat and Republican Clubs, we will receive an introduction into politics. As we work in these club groups, we are certain to meet or learn about some of the following Iowa women.



Mrs. Eugenie Anderson resigned as ambassador to Denmark in January after three years service. At this time it was said that Mrs. Anderson, the first woman ambassador in United States history, might also be the first woman in Danish history to be made a Knight Grand Cross of the Most Excellent Order of Dannebrog—Denmark's second highest decoration. The Denmark foreign ministry recommended to King Frederik IX that he award Mrs. Anderson the decoration in recognition of her services as American envoy in Denmark.

Mrs. Gladys Nelson, Newton, the only woman in the Iowa House of Representatives, is busy during this session of the legislature co-sponsoring a bill to legalize the sale of colored oleomargarine in the state. As co-sponsor of the bill, Mrs. Nelson is chairman of the committee handling it and gave the opening speech when the bill was introduced in the house.

To date she "enjoys" being the only woman in the house and says that the men treat her as an equal. She doesn't hesitate to add that "they may make mincemeat out of me before the oleo bill is finished." Mrs. Nelson, who began her political career as a member

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Parisian Views

by

Jane Steele

Technical Journalism Senior

FRENCH-ENGLISH dictionary is labeled vital for class work by sparkling, blue-eyed blonde Jacqueline Thomas, so like any American co-eds except for her English speaking abilities.

Yes, Jackie is straight from Paris where she has lived since the age of 7. She is attending ISC on a Fulbright scholarship. Jackie took courses in English 4 years ago but had few occasions to use this language until her arrival in this country late in July.

Jackie became interested in coming to America when she finished her last year of home economics training in Paris. One of her instructors visited America, returned to Paris and urged Jackie to continue schooling here. Jackie felt she would gain a great deal from a year's teaching before coming to America so she taught home economics in two Parisian schools.

After applying for a Fulbright scholarship 5 months previously, Jackie was notified in June she could come. When she applied she did not know to which

American school she would be sent. That is decided by the United States government which pays tuition, books, travel expenses and a small living salary.

Coming to America

Aboard the Queen Mary, Jackie arrived in the U. S. in July with a group of European students planning to study in this country. The students knew someone would be waiting for them at the docks in New York City, but not who. As they stepped down the gang-plank, they saw groups of people with large signs on which the expected students names were printed. Jackie quickly located "Jacqueline Thomas." These were the people with whom she was to spend her first weeks in America.

Since she had heard and read a great deal about America, she was acquainted with it in a general way. Many foods are different. For instance, Jackie says corn is never served for human consumption in France. Celery appears in a different form there than here. Jackie says it is used for soups there, but she hastily adds she likes it as a relish here!

Enrolled in general home economics courses here, Jackie hopes to obtain much material she can take back for use in her classes in France. This quarter she is doing work primarily in textiles and household equipment. Fall quarter she emphasized meal planning, food preparation and child development.

She will be here at Iowa State studying until summer when she must return to France. When she does return, Jackie will teach, although not necessarily at the same schools in which she had been. She will be home next July according to her visa and the contract signed in connection with the Fulbright scholarship stating that she would not stay in this country.

After class

Little time is left in France for sports after a busy school day with class hours 8 to 5, Jackie commented, so she does not participate. She does like to paint, particularly brooches. Any kind of dancing appeals to Jackie, too. Also high on her list of likes is attending painting expositions and musical concerts. She enjoys traveling, evidenced by her trip to Belgium, Switzerland and England last year.

Anyone knowing the whereabouts of a truly American Indian, notify Jackie. Friends and relatives in France, particularly a young cousin, keep writing to see if she has seen one yet.

To make the most of her time in America, Jackie has spent almost every weekend visiting various points of interest in this part of the country. One weekend it was the state capitol in Des Moines. Another, a group of foreign students met in Madrid to compare their experiences. Still another included a trip to Minneapolis. Thanksgiving vacation she visited one of the other French students studying in Chicago. Christmas vacation she spent in California visiting friends of her parents.

This personable miss from Paris will leave quite an imprint on our memories, for she's brought us a bit of French living and a deep desire to visit her country.

Warning!!

To A GI Wife Abroad

by Roger Blobaum

Agricultural Journalism Senior

WHILE YOU are taking home economics at Iowa State and thinking in terms of shopping for food where there's deep freeze displays, super markets, pure food laws and Saturday specials, maybe it would be a good idea to think of what would happen if you didn't have all these modern conveniences.

There are a lot of American women who don't—probably most important of these are the groups that follow their husbands to other lands either for jobs or in the service.

Suppose your husband gets an overseas assignment to Japan shortly after you're married. It isn't as bad now as it was during the first years of the occupation when the food shortage made it necessary for occupation personnel to buy only from post exchanges or commissaries. But today food shortages aren't as bad in Japan and a lot of American women buy on Japanese markets regularly.

Food is disease spreader

These women know that one of the biggest spreaders of disease in the Orient is food—this is true in most countries where food handling is careless and unprotected. But it is more true in the Orient where the conditions are different than any other place in the world.

The common practice of using human waste for fertilizer of food crops results in soil contamination and a form of contamination of the food grown. Water that drains from this soil is also contaminated.

In addition to these conditions, raw vegetables and fruits may be contaminated by unclean food handlers. Many fresh vegetables are prepared for marketing by washing—and this washing usually takes place in streams and canals swirling with garbage and waste materials.

Intestinal diseases, such as typhoid fever, dysentery, and intestinal worms may be transmitted by eating raw fruits and vegetables grown in such soil or washed in polluted water. Foods, such as lettuce and strawberries, have to be avoided altogether.

Despite all precautions taken by occupation families in shopping, the only sure way to be safe is to cook the items thoroughly. This rules out salads as a part of the daily menu.

Merchandise looks harmless

Meats and poultry, even though they may look harmless in the store window—and some do have

windows—cannot be relied on. Fowl is usually bought alive—in areas where it can be obtained at all.

Cooking will kill the parasites found in varieties of yellow-tail and trout. These are present even if they are properly prepared for market. Some fish caught in Japanese waters are also unfit for human food because they contain natural poisons.

Fishing areas are polluted

Polluted waters among the harbor and bay areas contaminate shellfish, clams and scallops but proper cooking will make them safe. However, American food authorities suggest leaving many sea foods alone entirely, whether they are well cooked or not.

The problem does not end with fresh products either and is even present in canned goods. Many canned products are processed on farms or in small family kitchens and contain toxins that produce the dread disease—botulism. It is considered wise to avoid all Japanese canned products.

Even ice cream, artificial drinks, candy and baked goods are often unclean, due either to contaminated ingredients or food handlers.

Most American housewives in Japan are extremely cautious in their food selection and buy only from

(Continued on page 20)

The American housewife misses the corner grocery store when she shops at an open-air Japanese market



Interviews— Give and Take

by Nancy Butler

Technical Journalism Senior

"ONE THING that still amazes me is the interest the women who are established in the Home Economics field have in a green graduate!"

If you're a little bewildered at finding yourself about to become a "green graduate" looking for a job only a few years after recovering from the title of "green freshman," this statement from a recent Iowa State College graduate should be encouraging. It should be encouraging, too, to hear that graduates say that getting that first job is one of the most exciting experiences of a lifetime.

Naturally you'll feel a little uncertain about what you're going to run into when you begin thinking about a career, but there are some certainties you can count on.

ISC graduate

You're a graduate in Home Economics from Iowa State College—that's a big point in your favor right there. One home economist executive in a large business put it this way: "We classify Iowa State College as one of the leading home economics colleges. We know that girls from Iowa State have had as good training as can be secured at any school in the country." Iowa State girls have been taught to work, which is important in business.

A surprising source of information on job openings will be the interviews themselves. If there are no positions available at the company where you interview, the interviewer is likely to give you the names of other people to contact—often with permission to use his or her own name as an introduction.

Be prepared for interviews that will be a little more involved than the ones you're used to in connection with summer jobs. After all, you're starting a career instead of just two or three months of work. Graduates have found that people in business are very generous about giving time for interviews even if there isn't a position available at the time. Often a tour of company offices, cafeteria, test retakers laboratories and studios goes along with an interview.

Answers to know

Most companies ask these questions at interviews:
In what line of home economics did you specialize?
What do you know of our company and products?
Do you plan to work for several years or do you contemplate marriage soon?
What were your extra-curricular activities in school?

Company quote

This quote from a company with a large home economics department may help you get a better idea of what employers look for in a prospective employee:

"We are much more interested in the girls who want to give something to the job rather than get something from it. A number of applicants have asked about salary first, how long a vacation they get and what their chances for advancement would be. To us, this is entirely the wrong approach. If a girl tells us the things she has done in school, the courses she has taken, the interests which she has had, knows something about our company and can give us an idea of how her qualifications fit into an opening or a possible opening we would be much more likely to consider her as an applicant. We like to interview the girl who has poise and rather definite ideas about what she wants to accomplish."

It will be a lot of fun—finding this new career of yours. A guarantee of this comes from a graduate who says, "I'm willing to guarantee that any girl who really tries to find out about Home Economics in business will be equally as enthusiastic as I am. After talking to many other girls I find we are, as a whole, an envied group."

Phyllis Slivon, Home Economics Senior in Textiles and Clothing, gives the answer to that perennial question: "What shall I wear to the interview?"



Veishea Highlight— HOME ECONOMICS

by Jane Brintlinger

Technical Journalism Sophomore

A GOLDEN opportunity for boasting and bragging is offered to each home economics department at Iowa State during Veishea Open House.

All the pride and joy a home economics student has in her major may be channeled into open house—and the result is an interesting, educational and fascinating group of displays.

The famed Veishea cherry pies form an important unit of the Institution Management Open House. Way before Veishea, the huge kitchen in Friley Hall dormitory, housing 1200 men, is invaded by white-uniformed girls, their hair secured in a hair net for that professional look. Balls of pie crust dough are dropped into a machine, and come out flat and smooth, ready to cut. A rolling pin is only a memory of those old-fashioned days in this kitchen.

Freezer preserves pies

Assembly-line style, the girls cut the crust, fit it into special paper pie plates and stack the plates for freezing. A corner of the Friley Hall walk-in freezer is filled with the 6000 pie plates, preserved until Veishea-time rolls around. Just before open house, these crusts are filled with frozen cherries and baked right in the Institution Management kitchen during open house. A tour of that kitchen will show you large-scale equipment going full speed. A taste of the final product, topped with ice cream, proves the worth of Institution Management girls!

Freshman Home Ec display

Follow the clever signs on the wall to find the Freshmen Home Economics Club display. Even the newest students of Iowa State vie for honors with their exhibit. Pipe cleaner stick figures, with skirts and saddle shoes, illustrate students at club meetings. Some are learning about college grooming, while the next group listens to an African missionary tell about home economics students on another continent. Contemporary affairs are explained to another group of figures by a faculty member of the history department.

Guides in the corridors throughout the Home Economics Building will gladly direct you to the studio of Christian Petersen. Mr. Petersen, Iowa State's resident artist, displays some of his own work, more of which may be seen over campus as you enter each building. Mr. Petersen also conducts special sculpturing classes, and work done here will be on display in the studio.

The Applied Art Open House must be included in every tour. That department now has placed first three times. Just see the free-hand drawings, leather gloves and purses, copper jewelry and even hand-

printed draperies which these applied art students do so well!

The meal planning part of the Foods and Nutrition department uses its beautiful laboratory of completely equipped kitchens to introduce its work. You may see a lesson in table settings for an after-game party, an after-hours party and an engagement party, complete with favors.

Upstairs you will see the new laboratories used for beginning food preparation courses. The delicious foods and baking powder biscuits which the students turn out demonstrate the optimum properties of this sparkling equipment.

Curriculum committee

If these interesting displays, plus those done by the seven other home economics departments, succeed in arousing your curiosity about courses at Iowa State, satisfaction will be just around the corner on your tour. The Student Curriculum Committee has a booth at open house for the explicit purpose of answering your questions. The members of this committee voice the opinions of the home economics student body concerning their favorite courses. Their advice is good and willingly given, so just ask!

Recognition of outstanding home economics students at Iowa State is given through membership in honoraries. In the Fireplace Room of Home Economics Hall, Omicron Nu, scholastic honorary, and Phi Upsilon Omicron, professional honorary, both have displays. Here you can see the qualifications, purpose, local and national projects of these honoraries. And here again members are willing to answer your questions, or just talk.

Veishea, a student-produced festival, has been held at Iowa State since 1922, but even before that the divisions presented open houses. Veishea was the solution to help more people become better acquainted with Iowa State. The open houses are a big part of Iowa State's celebration, but there's more.

Student entertainment

Stars Over Veishea and Veishea Vodvil offer entertainment by talented students. The horse show and the dog show are also of interest. And more than one Veishea float certainly reaches the high standards rewarded with the 40 inch sweepstakes trophy. What could be more exciting than watching those canoes race across Lake LaVerne, splashing and spilling paddlers all the way? A name band plays at the Veishea Dances, which round out each day.

But why not come to see the Veishea torch lighted during opening ceremonies and then stay for the weekend?

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Knowledge with Fun!

by Mary Camille Grout

Home Economics Junior

ALTHOUGH nearly every department in Home Economics takes a field trip occasionally, we feel that the longer trips taken by the following three departments will give you a better idea of just how the students at Iowa State get their "knowledge with fun."

APPLIED ART

Would you like to learn more about commercial art design? Visit the studios of modern textile designers Angelo Testa and Ben Rose? See furniture and interiors designed by Drexel, Schumacher, Hermann Miller and Robsjohn Gibbins? If you're an applied art major, or thinking of working in that field, the answer isn't "Yes." It's "Yes, yes, YES! !"

Last year students from the Department of Applied Art—juniors, seniors and graduate students majoring in the field—along with four faculty members, took a three-day jaunt to Chicago. During their stay, the travelers visited the studios of Ben Rose and Angelo Testa. They spent an afternoon in the Merchandise Mart, visiting showrooms of many top-ranking furniture and interior designers. They visited furniture, textile and art departments of the better Chicago stores. They even planned their meals so they could eat in restaurants with outstanding decor.

"We're trying to do two things," says Prof. Marjorie Garfield, head of the Applied Art department, in telling about the field trips. "In the first place, we want to give the girls a wider view of the many things open in our field."

"And, too," Miss Garfield points out, "we want to let each student see more of the particular segment she's interested in. Applied Art covers a multitude of jobs—work with textiles and fabrics, jewelry and other metalwork, furniture, woods, advertising, teaching and interior design as a whole. Each job is different. Here in Ames we give the girls background. The trip supplements what we can do."

What do the students themselves think about it? They agree that it's a wonderful experience, well worth the time it takes from activities and other classes. Each girl remembers different things as the high points of the visit, but they all think they're grand.

"We read about first-rank designers and see their fabrics," says JoAnne Nelson, who took the trip last year when she was a junior, "but on the trips we can go through the studios and see just exactly what happens. And what they are doing are things that we ourselves can do, that we've done right here in Ames."

Destination of the trip is chosen for the varied art experiences it offers in the shortest possible time. Chicago, last year's stop, has been the department's choice three times. Another time they visited in Kansas City, Mo. Only regular applied art majors may go; no special students are allowed; and each girl must have a 2.0 all-college average.

HOUSEHOLD EQUIPMENT

Students who take the Department of Household Equipment's field trip get to see some of the best home service and testing departments in the country.

The two-day trip, taken last year by 12 students and one instructor, reached 10 companies in 4 different cities. In Chicago, the group visited home service departments of Edison Electric and Peoples' Gas Light and Coke. In Cleveland they stopped at the Ohio Gas Company, the Lighting Institute of General Electric. Destination in Canton, Ohio, was the Hoover Company.

While in Mansfield, Ohio, the group stopped at Westinghouse and the Tappan Range Company. In addition, testing majors got first-hand views of the testing departments of Sears and Roebuck, the American Gas Association and the Underwriters Laboratories.

Each of the 10 companies visited had somewhat similar, but yet different setups for their household equipment department. In each case, the Iowa State visitors were taken through the department, and the procedure of work was explained—how some companies did home visiting, how some maintained cooking schools while others did demonstrations at the company itself, and how they cooperated with other departments to benefit the company and the consumer.

"Our travels showed us just how our classroom work ties in with the on-the-job work we'll be doing after graduation," declares Eleanor Peterson, an equipment senior majoring in home service. "For instance, in one of the companies we saw workers calibrating the temperature of ovens. And in our classes this year we did the calibrating ourselves."

Seeing how household equipment fits into a company as a whole was one of the high points of Shirley Stanhope's visit. "Household equipment doesn't work way out in the wilderness by itself," she explains. "We saw how the equipment people worked with repairmen and salesmen, draftsmen and engineers to improve the company's products and services."

Both girls agree—as did the 10 other Iowa State women making the 1952 trip—that seeing your field as a whole is the best way to be sure that "This is really what I want." The trip gave them a chance to see their field, and they liked what they saw.

TECHNICAL JOURNALISM

Last March 20 was a cold blustery day, but the 40 Iowa State students traveling away from the campus in college station wagons didn't seem to mind the cold. For they were headed for four Iowa newspaper offices, and in those offices they would publish special "student editions" of the papers, getting a week's experience of on-the-job journalism.

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YOU will change! To every high school student, especially a brand-new graduate, this statement seems like a shocking improbability. Right now you don't want to change. After all, you have spent 18 years of your life becoming what you are.

Everyone has ideas on education, religious ideals and a code of social ethics. These are formed throughout your entire life by four main factors: your home life and parents' personalities, your environment, the people with whom you associate and your unique experiences. So it has been a time period of 18 years in which these factors could interact and develop YOU.

But you are still forming YOU. Just because you have been presented with a high school diploma does not mean that you are the end product of your development. It means that you have reached just another step in that development.

Regardless of whether you are planning to go to college, to work or get married, your environment will be different. The people you will be exposed to and their ideals will be new and strange to you. One trait of a mature person is that he is adaptable to new surroundings and experiences. On the other hand, extremes in anything are to be avoided. If one is so adaptable that he changes into an entirely different person with every move of place and time, he has lost sight of his goal and crumpled any set of values he may have had. But one who refuses to adapt attitudes to different situations becomes fanatic and stubborn and is hard to get along with.

We'll use the college situation as an example. Perhaps you are imagining that after you finish college you will be entirely ready to meet the world; but just as junior high is a formative step between grade school and high school, so is college a transition between high school and real-life situations. The 2500 freshmen with whom you may come to Iowa State are in practically the same stage of development you are. They think that they "know their own mind." They have shaken hands with their best friends and been wished luck and success and told "never to change from the sweet girl we've always known." To themselves they say, "If I'm liked as I am, I need never change."

Then the process starts: They find out that they are forced to live and learn with many different people with different backgrounds and standards. If this living situation is successful, it is called "broadening." At first, this realization may come as a shock. A girl may be astonished when talking to her new dormitory friends to find that some phase of social behavior—definitely frowned upon in her "home" town—is a customary thing for her friends.

One of the first changes will be in regard to your parental influence. Of course, you'll miss your mother and father. After living 18 years with them it is only natural that an adjustment away from them will have to be made. And it is wise that this adjustment come gradually. A person changes from looking to his parents for comfort and sympathy and "services rendered" to depending on herself and her newly acquired friends. When one is in a depressed mood,

she should be able to snap out of it herself without hearing her mother's soothing voice over the long distance phone.

Too, you get used to accepting your parents on your own level—as adult personalities; and you recognize and accept their shortcomings.

Your social life may change. Silly high school manners, which are the essence of fun in teen-age years, will be replaced by more courteous and more planned, perhaps "cultured" entertainment.

There will be a revolution in your tastes. You will find yourself reading Faulkner and Hemingway instead of Bess Streeter Aldrich . . . you may enjoy classical music more because of its depth as a media of expression.

One important and desirable change that comes to most college students is that they seek the reason "why." When they are up against a problem in attitude, they don't decide immediately for themselves if they are tolerant of the situation or if they are not—they learn to look into the causes of behavior and strive to understand *why* it is and *how* it got that way.

NEW COLLEGIATE YOU

by

Carol Dee Legg

Technical Journalism Senior

Some changes will be temporary changes. That is because college life could be termed an "artificial circumstance." All situations are not real; that is, social life is not indicative of that common in everyday life, pressures of time and effort are far accelerated, and one's community of friends is more select than can be found in most real-life situations. Therefore, some of the customs and practices which you will adopt in college will fade as the newness of the leather-bound degree wears off.

Failure to change and adjust often leads to discouragement in college students. They may feel that they aren't in the right field or haven't chosen the best college for them, when actually the reason for their unhappiness is that they are still living according to the staid code of ethics they set up for themselves before they came to college.

This whole process is commonly called "growing up." It's possible to do it gracefully and happily if you arm yourself with an open mind, a goal and a wisely built set of values. Yes, of course you want to change! If you don't, \$4500 is a lot of money to be spent merely existing!

To 1953 Vocational
Education Graduates:

SO YOU ARE GOING TO BE A TEACHER

Well, in the United States
as a whole, that will make you

ONE IN A MILLION

and in Iowa it means that
you will be

ONE IN 23,000



Those are big numbers, but you won't get lost in the rush if you join your state and national professional organizations.

The Iowa State Education Association and the National Education Association will welcome you to membership.

As a member of these organizations (1) you help make your chosen profession strong, (2) you help insure your own future, and (3) you render the maximum service to the boys and girls of Iowa.

Plan to join the ISEA and NEA as soon as you take up your duties next fall. You will find that teaching is exciting and that your job is really one in a million.

Iowa State Education Association

415 Shops Building

Des Moines 9, Iowa

What's

New In



Foods and Nutrition

Coconut malted milks, being introduced to the fountain trade and home, are made with specially-prepared pure coconut mix. The fibrous coconut meat is homogenized into a soluble powder that can be added to the malted milk mix.



Added packet in cake mixes will change the color and flavor of the finished product. A silver cake mix contains packets to make lemon, peppermint, winter-green and spice cakes. The two envelopes placed in the devil's food cake boxes produce almond mocha or chocolate peppermint cakes.

Textiles and Clothing

Garments dipped in a gelatin solution after laundering will resist wrinkles and hold their finish for several wearings. The solution is made as follows: soap and one tablespoon of gelatin in a little cold water. This makes a light solution for thin, sheer materials. For heavier materials such as butcher linen, denim or heavy crepe, use a stronger solution of one tablespoon of gelatin to two quarts of water.



Moth proofing product developed by entomologists of the United States Department of Agriculture will be available this spring to help homemakers store their woollens. EQ-53, essentially a mixture of the insecticide DDT and other chemical carriers, can be added to wash or rinse water to mothproof blankets, sweaters and washable woollens. You just add a few spoonfuls of the solution to your wash machine or basin.

Household Equipment

Warp-proof frying pan of superstrength metal underwent tests for five years to prove that there was no warping under normal conditions. Made of a special alloy which resists buckling and warping, the pan has a black plastic handle that is comfortably cool to touch and is available in 7, 9, 10 and 11-inch sizes.



A new automatic gas water heater provides water at two different temperatures. The conventional upright tank supplies 180 degrees Fahrenheit water to

the dishwasher and automatic clothes washer by a separate and direct pipe line. The second source of water is mixed and cooled to 125 degrees Fahrenheit, the temperature recommended for household faucets. The heater is made of rust-proof Monel metal.



Flower guards tell at a glance whether house plants need water. The indicator turns blue if the soil is dry, but remains pink if moist enough. Seven flower guards cost \$1.00.



Tin spouts keep contents of opened cans sealed and air tight when not in use. To insert spout into can, just push. Icebox odors can't get in. The spouts are made of acid resistant stainless steel.



A new *toothpaste holder* and dispenser is a necessity for tube-benders and cap loosers. The holder keeps tubes of any size ready for use with a twist of the knob. It squeezes out every bit of cream or paste.

Smart Coverings for Spring



With the Look
You Like
Tilden's
Downtown Ames

Ready for Spring?

See the
New

COTTONS

at

STEPHENSON'S

FAMOUS FOR FABRICS

Conveniently Located Opposite Campus



SAVINGS that EARN

Make Your Future Brighter

— Better —

You'll save more money faster
- - because money **earns** more
- - in a Savings Account here.

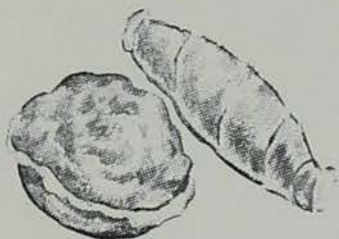
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*The newest
version of the
"Urchin Cut"!*

Sparked by
daring short cuts
emanating from European fashion
centers. Dominantly feminine in its
softly placed waves. Designed with
dash and classic simplicity so often rec-
ognized in high fashion. It's extreme-
ness can be tempered and regulated to
suit **your personality** and character.

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hair stylist

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sent on request.*



*Inquire about our
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Towle
Gorham
Wallace
Heirloom
International

CRYSTAL...

Hawkes
Tiffin
Heisey
Reizart

Walnut at Sixth

Plumb Jewelry Store

Des Moines

Knowledge with Fun—

(Continued from page 14)

Each year Iowa State journalists get practical training in their profession by taking part in the annual spring vacation trips of the Department of Technical Journalism, which has been sponsoring the trips for more than a quarter of a century. The excursions take place between winter and spring quarter, and while the student loses a week's vacation, he gains a year's experience in work and knowledge and excitement.

What do they do to get this experience? They do everything. Algona, Eagle Grove, Iowa Falls and Grinnell—destinations for last year's journalist teams—found that out. Editors and reporters comb the town for news and feature stories. Farm reporters travel into the country to visit and take pictures, while the coeds in charge of women's news talk to church groups, extension workers, club women—anyone who is news or a source of news. Each team has its own photographer who takes all the pictures for the "student special." After writing the stories the journalists read the copy for errors and make corrections after stories have been set in type. It's all part of a day's work in any newspaper office.

While reporters are out after stories, other members of the team—the business staff—are also busy. Every advertisement which appears in the student editions is planned, sold and checked by one of the Iowa State crew members. And there's a lot of advertising in a 36-page special edition.

Besides working a great deal, the travelers also manage to get in quite a few parties and other fun. "If you go on one of the spring trips," says Prof. Rodney Fox, who was faculty advisor for one of last year's teams, "you can be certain that several people will invite you to a party or to dinner—and where else can you eat as well as you do on the trips, where all your meals are financed by the newspaper?"

Plans were made in February for this year's spring trips, and while some of the travelers will have been members of last year's lucky 40, most of them will be sophomores who are getting their first taste of newspaper work in the field.

Jean McGhie, who was women's editor for the Grinnell paper, thinks there's nothing quite like the spring trips. "I had a marvelous time and learned a lot. But most of all," she says, "I came back feeling as though I knew for sure that I'd chosen the right courses to take in school."

Jacqueline matchmates in Genuine **COBRA** with **SUEDE**



So different they'd turn the most routine outfit into one that isn't! The pump so definitely this-Spring with its dainty tear-drop perfs, all-soft toe, slimmer heel. The bag softly scalloped. In Navy or Grey suede with peppery Black-n-White cobra.

BROWN'S
SHOE FIT CO.
"A Fit For Every Foot"

As seen in CHARM



**New!
Lively!
Different!**

*You'll find
what you
want in Spring
Fabrics at . . .*

The Fair
AMES FOREMOST STORE

225 Main

Phone 100

Foreign Food —

(Continued from page 9)

shops bearing A or B "sanitation cards." But even these are no assurance that the food is safe as they only mark the shops that are above average and have made some effort to sanitation.

These problems, as well as the fact that all delicacies are almost impossible to obtain, make balanced meal preparation especially difficult even — more so if children are in the family.

The whole situation is one which you may have to face some day and which holds little hope in a land so many years behind the super-market-wise shopper of the U.S. who is used to loading up good, wholesome — and above all — safe food in a clean grocery store.

Our Political Door —

(Continued from page 7)

of the League of Women Voters and a county Republican committee woman, has twice defeated the same man for her legislative seat.

All of these women are keeping the door ajar for us, the "first voters." They know that the time will come for us to take over and assure us that we will be in demand.

**For Coffee Supreme
Drink Chocolate Cream**



It has those rare qualities of rich aroma plus full-bodied flavor that really satisfies. Whatever else you may like for breakfast you will find that the deep down goodness of Chocolate Cream Coffee gives you that added pleasure that only a really good cup of coffee can give.

YOUR GROCER HAS IT!

Troylings

FOR THOSE ACCUSTOMED TO PAYING MORE



Date Line opera pump in black kid, blue kid or red kid.

\$10.95



Hug Me wedge pump in blue suede, sandalwood suede or avacado green suede.

\$13.95

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TRENDS



For bedtime at ISC,

We suggest a pajama, robe and slipper set that can easily be carried in the matching bag a shortie nightie with panties to match an easy-to-wash striped pajama a quilted taffeta jacket that ties under your chin a frilly nylon bed jacket a clown shirt paired with lounge pants.



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Tweedie . . . black suede with
black mesh and
blue suede with
blue mesh.

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cool, colorful, comfort,
styled right!

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Carmelletes . . . black patent with black mesh.
blue calf with blue mesh.

\$11.95

219 MAIN

PHONE 27-J

After . . .

MOVIES or DANCE

Students
Meet

AT THE

L-WAY
FAMOUS FOR FINE FOOD



Just Try Our
Hamburgers
and Sundaes—



Morrell Menu Maker

There's a time-tested trio that can be trusted to turn even beginners into good cooks—**Planning, Buying and Basic Recipes!**

Plan your meals not only around the foods your family likes, but keep in mind nutritional values and the need for variety in every diet. And surprise the family once in a while with a new dish!

It takes practice, much reading of the advertisements, careful study of labels, and knowledge of seasonal foods to become a good buyer. But you'll soon take pride in the nutritious, delicious and economical meals you can turn out! Then, armed with a few basic recipes, mastered until you can do them blindfolded, you're well on the way to becoming that paragon, **A GOOD COOK!**

Check how a dinner planned around a **MORRELL PRIDETTE** serves all three of these steps. A **MORRELL PRIDETTE** is solid meat, you know, cut from the shoulder—sweetest of all pork meat. It is cured and smoked to perfection under Morrell's constant quality-control.



Here's our basic recipe for cooking **MORRELL PRIDETTE**: Let Pridette stand at room temperature for 2 hours. Place on rack in shallow baking pan and bake in moderate oven, 325° F., for 30 to 35 minutes per pound. One-half hour before it is done, remove

from oven, score, spread with one cup of orange marmalade, and return to oven to finish baking.

Serve with baked potato roses, wax beans in cream, head lettuce salad, and hot rolls, with peach dumplings and hard sauce for dessert!

* * *

Potato roses are easy to make! Bake potatoes until tender. Roll gently to soften centers without breaking. Cut two gashes at right angles in the top and squeeze ends gently toward center. Place a pat of butter in the heart of each "rose."

* * *

Lucky you, if you have enough **PRIDETTE** left to make th's **PRIDETTE A LA KING!** (Perfect for club days, when you've got to get dinner in a hurry!)

To a can of cream of mushroom soup add $\frac{1}{2}$ pint of milk and heat. Then add 2 cups **PRIDETTE** cut in cubes; re-heat, salt and pepper to taste, and serve in patty shells or on toast.

* * *



Something to think about! It has been estimated that in the course of his lifetime an individual eats 64,000 meals, more or less! And somebody had to plan, buy and cook 'em!

* * *

Whatever form of pork you buy—**MORRELL Pride Ham, Bacon, Sausage, Canned Meats or Meat Loaves**—you have the satisfaction of knowing you are getting top value for your meat money. For these Morrell products are rich in the essential body-building vitamins and minerals, especially B, are easily digested, and delicious in flavor. And all Morrell Meats are U. S. Government inspected as a guarantee of wholesomeness and purity. Build satisfying, tasty meals around the Morrell Pride Meats on sale at your Morrell dealer's.

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